

Recipe makes
3 burritos

Prep time
45 minutes

Cook time
25 minutes



NUTRITION INFO PER SERVING

(1 burrito)

Calories 580

Protein 3 g

Phenylalanine 135 mg

INGREDIENTS

LOW PROTEIN TORTILLAS

1 tsp baking powder
1 tsp (3 g) Fajita mix, dry
2 tsp (6 g) psyllium husk
1 tsp (3 g) tomato puree
3/4 cup (180 ml) warm water
2 tsp olive oil
1 3/4 cups (240 g) of Taste Connections low protein bread mix

FILLING

2 tsp of lime juice
1/4 cup (60 ml) water
1/2 tsp cumin
1/2 cup (100 g) red onion, finely chopped
1 cup (100 g) yellow peppers finely chopped
1 cup (110 g) sweet potato, finely chopped
1/2 cup (55 g) carrot finely sliced
1/2 cup (55 g) zucchini chopped
1 tsp garlic clove, crushed
1 large chilli, sliced
2 tsp olive oil
1 cup (96 g) Follow Your Heart® Pizzeria Blend Shreds, divided
1 cup (122 g) low protein rice, cooked, divided

DIRECTIONS

FOR THE LOW PROTEIN TORTILLAS

- 1 In a bowl add psyllium husk, tomato puree, water and olive oil; allow to stand for 5 minutes until thickened.
- 2 Mix in fajita mix, baking powder and low protein bread mix in a medium sized bowl.
- 3 Add wet ingredients; then knead into a dough.
- 4 Divide dough into three equal amounts and roll into 9" circles.
- 5 Heat a dry frying pan over low heat, and cook each tortilla for 1 to 2 minutes until slightly brown on each side.
- 6 Set the tortillas aside to cool.

FOR THE FILLING

- 1 Add oil, vegetables, garlic, cumin, water and lime juice to the frying pan; cook on medium heat for 10 minutes.
- 2 To assemble the burrito, place a tortilla on a plate, and add 1/2 cup vegetable filling, and 1/3 cup of low protein rice.
- 3 Sprinkle each burrito with 1/3 cup Pizzeria Blend shreds.
- 4 Fold the sides of each burrito down and place the wrapped side on a plate.

This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.

Taste Connections, LLC is the maker of low protein food products.

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This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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